



**RÉSERVEZ  
VIA L'APP!**

SPORTGES RCA  
SPORT LESSINOIS



|     | LUNDI                    | MARDI                        | MERCREDI              | JEUDI  | VENREDI              | SAMEDI  | DIMANCHE |                          |                           |
|-----|--------------------------|------------------------------|-----------------------|--|----------------------|---------|----------|--------------------------|---------------------------|
|     | SALLE 2                  | SALLE 2                      | ANCIENNE PISCINE      | SALLE 1  | SALLE 2              | SALLE 1 | SALLE 2  | SALLE 2                  | ANCIENNE PISCINE          |
| 8H  |                          |                              |                       |  |                      |         |          |                          |                           |
| 9H  |                          |                              |                       |  |                      |         |          |                          |                           |
| 10H | GYM GOLD                 |                              |                       | GYM GOLD   |                      |         |          |                          | SPINNING<br>(DIDIER)      |
| 11H |                          | FIT-BALL                     |                       |  |                      | YOGA    |          | DANCE BALL<br>MINIMA FIT | SPINNING<br>(MARIE-PAULE) |
| 12H |                          |                              |                       |  |                      |         |          |                          |                           |
| 13H |                          |                              |                       |  |                      |         |          |                          |                           |
| 14H |                          |                              |                       |  |                      |         |          |                          |                           |
| 15H |                          |                              |                       | 14H-15H :<br>BABYGYM<br>PSYCHOMOT<br>13H30-15H :<br>GYM SPEC.<br>FILLE |                      |         |          |                          |                           |
| 16H |                          |                              |                       |  |                      |         |          |                          |                           |
| 17H |                          |                              |                       | 16H45-17H45 :<br>FUTSAL 4-6 ANS<br>17H45-18H45<br>FUTSAL 7-9 ANS       |                      | PRÉ-GYM |          |                          |                           |
| 18H | ZUMBA<br>(LAURENCE)      |                              |                       |  |                      | GYM 1   |          | FIT-BALL                 |                           |
| 19H | CAF<br>(FRANÇOISE)       |                              |                       |  | HIT/LIT<br>(BARBARA) | GYM 2   |          |                          |                           |
| 20H | DANCE BALL<br>MINIMA FIT | TRAMPO FIT<br>(ADULTE LAURA) | SPINNING<br>(BARBARA) |  |                      |         |          |                          |                           |

**SALLE IPAM**  
19H30 - 21H :  
FUTSAL GIRLY  
(ÂPD 15 ANS)

**SALLE IPAM**  
18H30 - 20H :  
FUTSAL 10-14 ANS

*Lessines sport, une 2<sup>ème</sup> maison*



/068 33 41 57



/Boulevard Emile Schevenels 24B, 7860 Lessines



/rcasl.be